



March 2010

Continuing 35 years of Stimulating an Epidemic of Health

Taste of Health Restaurant

3100 N Hillside
Wichita KS 67219
(316) 682-3100

Adults: \$6.95
Children 10 and under: \$3.50

Served
Monday through Friday,
11:30 am to 1:30 pm

**Call in and
Carryout available**

**Call 682-3100 before 1:30 pm
Please pick up before
5 pm M.-Th., 4 pm Fri.**

Ask about our meeting facilities
and group tours. Contact Joseph
via email at
tohealth@brightspot.org.

**Visit our website
www.brightspot.org**

*Indoor & Outdoor seating
available, weather permitting*

Menu subject to change without notice

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p>1</p> <p>Potato Cheddar Soup Chef's Choice Soup Cowboy Buffalo Burgers Chef's Choice Fresh Tossed Salad Fruit Salad Homemade Buns</p> | <p>2 BCLL</p> <p>Chick Pea Soup Chef's Choice Soup Buffalo Lasagna Chef's Choice Fresh Tossed Salad Bar Fresh Fruit Salad Basil Parmesan Bread</p> | <p>3</p> <p>Sweet Potato Soup Chef's Choice Soup Mediterranean Fish Bake Chef's Choice Fresh Tossed Salad Bar Fresh Fruit Sorbet Sesame Seed Bread</p> | <p>4 LL</p> <p>Corn Chowder Cabbage Soup Honey Dijon Pork Wild Rice Pilaf Fresh Tossed Salad Bar Fresh Fruit Medley Cinnamon Raisin Bread</p> | <p>5</p> <p>Butternut Squash Apple Soup Chef's Choice Soup Tuna Casserole Chef's Choice Fresh Tossed Salad Bar Fresh Fruit Sorbet Honey Oatmeal Bread</p> |
| <p>8</p> <p>Savory Tomato Soup Chef's Choice Soup Curried Vegetable Casserole Rice Pilaf Fresh Salad Bar Fruit Salad Sunflower Seed Bread</p> | <p>9</p> <p>Black and White Bean Chili Chef's Choice Soup Incredible Crispy Chicken Chef's Choice Fresh Tossed Salad Bar Fresh Fruit Sorbet Loaded Bread</p> | <p>10</p> <p>Tomato Bean Soup Chef's Choice Soup Mexican Buffet Fiesta Chef's Choice Fresh Tossed Salad Bar Fresh Fruit Salad Pumpkin Spice Bread</p> | <p>11 LL</p> <p>Vegetable Pesto Soup Pinto Bean Soup Italian Meatloaf Mashed Potatoes Fresh Tossed Salad Fresh Fruit Salad Garlic French Bread</p> | <p>12</p> <p>Tuscan Vegetable Soup Chef's Choice Soup Spaghetti with Buffalo and Vegetable Marinara Sauces Tossed Salad Bar Fresh Fruit Sorbet Garlic Bread</p> |
| <p>15</p> <p>Spicy Potato Soup Chef's Choice Soup Chicken Fajitas Chef's Choice Tossed Salad Bar Fresh Fruit Salad Coconut Ginger Bread</p> | <p>16</p> <p>Italian Chicken Soup Chef's Choice Spinach Lasagna Chef's Choice Fresh Tossed Salad Fresh Fruit Salad Honey Whole Wheat Bread</p> | <p>17 St Patrick's Day Irish Stew Garden Green Vegetable Soup Corned Beef and Cabbage Brussels Sprouts and Carrots Fresh Tossed Salad Bar Fresh Fruit Sorbet Irish Soda Bread</p> | <p>18 LL</p> <p>Split Pea Hearty Vegetable Soup Chicken and Wild Rice Three Bean Salad Tossed Salad Fresh Fruit Salad Honey Pecan Bread</p> | <p>19</p> <p>Italian Wedding Soup Chef's Choice Soup Linguini W/ Roasted Veg Chef's Choice Fresh Tossed Salad Bar Fresh Fruit Sorbet Multi-nut Bread</p> |
| <p>22</p> <p>Asian Vegetable Soup Chef's Choice Soup Teriyaki Meatballs Chef's Choice Fresh Tossed Salad Bar Fresh Fruit Sorbet Multi-seed Bread</p> | <p>23</p> <p>Cheesy Broccoli Soup Chef's Choice Soup Cowboy Buffalo Burgers Chef's Choice Tossed Salad Bar Fresh Fruit Sorbet Homemade Buns</p> | <p>24</p> <p>Vegetable Bean Soup Chef's Choice Soup Chicken Parmesan Chef's Choice Fresh Tossed Salad Bar Fresh Fruit Salad Pumpkin Seed Bread</p> | <p>25</p> <p>Split Pea Soup Chef's Choice Soup Chicken Pot Pie Chef's Choice Fresh Tossed Salad Fruit Medley Dill Cheese Bread</p> | <p>26</p> <p>24 -Karat Gold Soup Chef's Choice Soup Mac and Cheese Casserole Chef's Organic Choice Tossed Salad Bar Fruit Sorbet Oatmeal Poppysseed Bread</p> |
| <p>29</p> <p>Enchilada Soup Chef's Choice Soup Chicken Enchiladas Chef's Organic Choice Fresh Tossed Salad Bar Fresh Fruit Sorbet Corn Bread</p> | <p>30</p> <p>Rosemary White Bean Soup Chef's Choice Soup Spaghetti with Buffalo And Vegetable Marinara Sauces Fresh Tossed Salad Bar Fresh Fruit Salad Whole Wheat French Bread</p> | <p>31</p> <p>3-Sister's Stew Chef's Choice Soup Incredible Crispy Chicken Chef's Organic Choice Tossed Salad Bar Fresh Fruit Salad Zucchini Bread</p> | <p>LL = Lunch and Lecture BCLL = Book Club Lunch and Lecture</p> | |